

means for connecting said layers to each other to define a stack of layers,

the uppermost layer in said stack of layers including a top surface on which the exercising and sports conditioning is performed,

an intermediate layer comprised of material that will absorb the impact of a jump and thereby minimize the likelihood of injury,

a<sup>1</sup> a bottom layer, said bottom layer having a bottom surface, and

said bottom surface resists sliding on the surface which supports said mat so that said mat will not slide from under an exerciser who will otherwise fall and risk serious injury, and

a plurality of elements [means] on said top surface, said elements [means] defining a plurality of locations for foot placement before and after jumping routines in exercising and sport conditioning.--

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Please amend claim 6 as follows:

6 (Amended). The mat described in claim 1 wherein:

a<sup>2</sup> said plurality of elements [means] on said top surface define inner and outer rectangular polygons,

the distance across said outer rectangular polygon in at least one direction is about eighteen inches, and

the distance between said inner and outer rectangular polygons is less than the width of the foot of an exerciser.

[includes a first plurality of elements, and]

a2 [said first plurality of elements corresponds to a plurality of areas for foot placement for exercising and sports conditioning].

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Please amend claim 17 as follows

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17(Amended). The mat described in claim 6 [9] wherein:

the distance across said outer rectangular polygon in at least one direction is about 18 inches.

a3 Please amend claim 35 as follows:

35(Amended). The mat described in claim 1 wherein:  
said exercising and sports conditioning is jump training [or the like].

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Please add new claims 36-44 as follows:

a4 36. First and second exercising and sports conditioning mats which assists in correct performance of exercise routines to contribute toward maximizing their benefit while minimizing the likelihood of injury because of the impact of landing after jumping wherein:

each of said mats comprises a plurality of layers,  
means for connecting said layers to each other to define a stack of layers,

the uppermost layer in said stack of layers including a top surface on which the exercising and sports conditioning is performed,

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an intermediate layer comprised of material that will absorb the impact of a jump and thereby minimize the likelihood of injury,

both of said mats include a front end and a rear end,  
a rectangular polygon on each of said mats,

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first and second identical pluralities of mutually distinctive components, one of said pluralities being on said top surface each of said mats for defining locations on each mat for foot placement before and after jumping routines in exercising and sport conditioning,

some of said components in one of said pluralities being at said rear end of one of said mats, and said identical components being at said front end of said other mat, and

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the rest of said components in said one plurality being at said front end of said one mat, and said identical components are at said rear end of said other mat so that exercisers can face each other and match their foot movements while exercising.

Please add new claim 37 as follows:

37. An exercising and sports conditioning mat which assists in correct performance of exercise routines to contribute toward maximizing their benefit while minimizing their likelihood of injury because of the impact of landing after jumping wherein:

said mat is between about  $1/30^{\text{th}}$  and one half inch thick,  
weighs about 4.5 to 5.5 pounds and is about 42 inches wide by about 42 inches long,

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said mat being comprised of three layers that are connected to each other to define a stack of layers,

the uppermost layer in said stack of layers including a top surface on which the exercising and sports conditioning is performed, said top surface being comprised of a material that facilitates exercises including the actions of pivoting, jumping, sliding and running,

an intermediate layer comprised of material that will absorb the impact of a jump and thereby minimize the likelihood of injury,

said exercising and sports conditioning being performed on said top surface, and

a plurality of means on said top surface, said means defining a plurality of locations for foot placement before and after jumping routines in exercising and sport conditioning, and

a bottom layer, said bottom layer having a bottom surface resists sliding on the surface which supports said mat so that said mat will not slide from under an exerciser who will otherwise fall and risk serious injury.

38. The mat described in claim 37 wherein:

said top layer is comprised of polyvinyl chloride.

39. The mat described in claim 37 wherein:

said layer of shock absorbing material is comprised of nitrile butadiene rubber/vinyl-nitrile elastomeric foam.